

Survey gives voice to retiree issues

By Wm. Cullen James
Navy Personnel Command
Communications Office

Navy and Marine Corps retirees living overseas let their voices be heard during a recent survey conducted by Navy Personnel Research, Studies and Technology (NPRST).

The survey, the first of its kind conducted by the Department of the Navy (DON), was launched via the Internet in June 2007 and remained active through October. More than 600 retirees from 49 different countries registered to take the survey and over 425 completed the survey. All overseas retirees living in foreign countries were eligible to participate. The survey was sponsored by the Assistant Secretary of

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Photo by Mike Setaro

U.S. military retiree Al Monaro and his wife, Alba, shop in the deli section of the commissary at Naval Support Activity Naples, Italy. The commissary is a new facility that opened in the past three years.

SECNAV's Retiree Council seeks members for 2008

If you would like the opportunity to serve the retired community, please consider applying for one of the vacancies on the Secretary of the Navy's Retiree Council (SECNAV RC). RC members are expected to be available to assist their area Retired Activities Officers (RAOs) throughout the year. They are also expected to work closely with regional or area commanders to gather input and concerns from retirees

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Social Security benefits increase 2.3 percent

Monthly Social Security and Supplemental Security Income benefits for more than 54 million Americans increased 2.3 percent in 2008, the Social Security Administration announced.

Social Security and Supplemental Security Income benefits increase automatically each year based on the rise in the Bureau of Labor Statistics' Consumer Price Index for Urban Wage Earners and Clerical Workers (CPI-W), from the third quarter of

the prior year to the corresponding period of the current year. This year's increase in the CPI-W was 2.3 percent. The 2.3 percent Cost-of-Living Adjustment (COLA) began with benefits that nearly 50 million Social Security beneficiaries received in January 2008. Increased payments to more than 7 million Supplemental Security Income beneficiaries began on Dec. 31.

Information on 2008 Medicare changes can be found at www.cms.hhs.gov.

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Sound off: Survey polls Shift Colors readers

NPC Communications Office

Inside this issue of Shift Colors you'll find a readership survey. We're interested in finding out how our readers get the newsletter and what aspects of it you find most important.

Your input is important to help determine how future issues of Shift Colors will be delivered.

Please take the time to fill out your card and drop it in the mail. The postage is on us.

Shift Colors

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From the Chief of Naval Personnel

Shipmates,

Since I spoke to you last, several significant changes have occurred; most notably, CNO Mullen took over as Chairman of the Joint Chiefs of Staff, and Adm. Gary Roughead assumed the helm as our 29th Chief of Naval Operations.

Among Adm. Roughead's top priorities is the continued investment in our Sailors (Officer and Enlisted) and their families. We all know our ships, submarines, aircraft, and other advanced technology we're employing today gives us a great advantage over our adversaries, but we will win the battle because of our service Sailor's and their families' commitment to success and willingness to sacrifice.

While the Manpower, Personnel, Training and Education enterprise continues to aggressively pursue many programs to improve the Total Force, providing for our Sailors returning from the combat zone is at the top of my list. Today, more than ever, we're concerned about the health of our young men and women returning from Iraq and Afghanistan - especially those who maybe Sailors returning from combat with Post Traumatic Stress Disorder (PTSD) or severe physical injuries.

As you know, the stress of combat can come back to haunt a Sailor or Marine long after the battle is fought. The symptoms are not easy to identify up front, but they're very real. To address this, we've stood up the Combat and Operational Stress Control and Warrior Transition Programs to help our shipmates deal with their transition back home, help them recognize the signs of stress, and ensure they know how to

access the myriad of resources available to help them when needed. Combat and Operational Stress Control begins prior to deployment and continues into post-deployment. Through the use of post-deployment assessments and pending reassessments of Sailors and Marines, we can identify possible symptoms associated with PTSD.

Before an Individual Augmentee (a Sailor who is sent forward, independent of their unit/command, to support a specific requirement, as opposed to those Sailors who deploy with their entire command) returns home from Iraq or Afghanistan, he or she spends from

surrounded by those who have "been there, done that." Sailors are guided and cared for by chaplains and social workers during these days of stress release.

The Warrior Transition Program works hard to make sure our Sailors understand PTSD, its symptoms, and how to get assistance. We want our shipmates to understand no one should feel

ashamed about the stress and confusion that can follow combat - it's very real, and very understandable. It's also very treatable, if those experiencing PTSD seek the available assistance. We offer a number of services, beginning with our Fleet and Family Support Centers,

and continuing through to in-patient medical care.

We not only work with the individual to identify personal behavior that may be linked to PTSD, but we also emphasize the need to look out for our shipmates who may be experiencing PTSD. This is vital, and we're working aggressively on a comprehensive plan to educate all Navy personnel about the symptoms of PTSD and how to help a shipmate struggling with the emotional after-effects of the war. Leadership has a tremendous role in this, so we are educating commanders to understand symptoms of combat and operational stress may not appear until after a Sailor returns home. Commands are conducting post-deployment health assessments and reassessments to help identify any unaddressed needs and support our Sailors' assimilation back

... We are committed to provide our wounded Sailors, and their families, the care, support and services they need.

- Vice Adm. J. C. Harvey

two to four days in the Expeditionary Combat Readiness Center's Warrior Transition Program (WTP). Designed to facilitate our Sailors' transition from a combat environment back to a normal operational routine, we implemented WTP using lessons learned from our Marine Corps program, giving us a big advantage in delivering this critical component in the "continuity of care" for our Sailors and their families. We recognized from those lessons that following their combat experience, our men and women serving in Iraq and Afghanistan needed time to decompress and have a chance to talk with one another and professionals about their period "down range." WTP, our Sailors' last stop in theater before returning home, is located in Kuwait. It combines the best medical research and practice with pastoral care and counseling to provide a suitable setting for Sailors to discuss their experiences while



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New legislation affects Tricare supplements

Tricare News Release

FALLS CHURCH, Va. — Many Tricare beneficiaries are getting letters from their employers stating they will no longer offer Tricare supplements as an employer-sponsored medical option effective Jan. 1. Tricare beneficiaries should look closely at their health care options.

A provision of the John Warner National Defense Authorization Act for fiscal year 2007 prohibits employers from offering their employees financial or other incentives to use Tricare rather than using the company's Group Health Plan. The legislation applies to any employer, including states and units of local government with 20 or more employees, and mirrors the same

prohibition that currently applies to Medicare.

Beneficiaries have earned their right to Tricare benefits through their service and this remains unchanged. Tricare beneficiaries should take measures to understand and look closely at all of their health care options offered by Tricare and their current employer before deciding what is best for them and their families. Eligible beneficiaries can enroll in Tricare on their own without taking employer incentives if desired.

The employer can still offer "cafeteria plans" to their Tricare-eligible beneficiaries as long as the plans are offered to all of their employees, including those that are not eligible for Tricare. The legislation does not have

an impact on "Tricare Supplement" plans that are not offered by the employer, but are sold by beneficiary associations or commercial insurers.

A cafeteria plan is defined as a fringe-benefit plan under which employees may choose among various benefits that best fit their needs, up to a specified dollar value.

The legislation was initiated after evidence showed many employers were consciously working to shift their health care costs to Tricare by offering financial incentives urging eligible employees to use Tricare rather than the employer's Group Health Plan.

For more information about Tricare supplements visit <http://www.tricare.mil/mybenefit/home/Medical/OHI/SupplementalInsurance>.

VA/DoD test single disability examination pilot for Wounded Warriors

Department of Veterans Affairs News Release

WASHINGTON — The Department of Veterans Affairs (VA) and the Department of Defense (DoD) has begun a pilot program to test a new single disability evaluation system for wounded warriors at the three major military medical facilities in the Washington D.C. area.

This initiative is designed to eliminate the duplicative and often confusing elements of the current disability processes of the two departments. Key features of the disability evaluation system (DES) pilot include one medical examination and a single-sourced disability rating.

The single disability examination pilot is another improvement as a result of the President's Commission on Care for America's Returning Wounded Warriors (Dole/Shalala) and is aimed to simplify health care and rehabilitation for injured service members and veterans.

This pilot program will seek to ease the



American Forces Press Service

A new Warrior and Family Support Center is being built at Fort Sam Houston, Texas and will be 10 times the size of the current facility. While the new 12,000 square-foot facility is not part of the pilot program, many wounded warriors and their families will use the facility for long rehabilitations.

transition of wounded service members through the disability evaluation system to reentry into the civilian community with more efficient delivery of disability compensation at the time they leave military service.

VA is providing the medical professionals performing the examinations. The pilot

program is being conducted for service members at the Washington, D.C., VA Medical Center, Walter Reed Army Medical Center in Washington, D.C., the National Naval Medical Center in Bethesda, Md., and the Malcolm Grow Medical Center at Andrews Air Force Base, Md., and will run for one year.

Web sites provide immediate solutions, information

By Wm. Cullen James
Navy Personnel Command
Communications Office

The Internet. It can be intimidating. It can seem overwhelming. At times, it can be downright frustrating. But today it's one of the best ways to get information quickly.

"With the speed increase of the Internet over the past 10 years, available services have greatly increased," said Don Koehler, Web manager, Navy Personnel Command. "It's now pretty commonplace to bank, shop, watch a movie, look in on your kids at school, all from the Web and all from home."

Doing business over the Internet is a drastic change in the way many retirees are used to doing business, according to Dennis Mills, head, Navy Retired Activities Section. "Many of our older retirees are reluctant to get on a computer, but it's important that they understand how much

information and how many services there are for them out there."

Many services that Navy retirees and surviving spouses commonly use offer a great deal of information and customer service options on their Web sites. The Defense Finance and Accounting Service (DFAS), Tricare, the Navy Retired Activities Office and the U.S. Department of Veterans Affairs are just a few of the many sites with services available on the Internet.

"The move to Internet-based business frustrates some retirees. We understand, but if they understood how simple it is to do things online, I think they'd see the advantages," Mills said.

A good way to learn how to use the Internet, or to access it if the member doesn't have a computer, is to visit a library or Internet café, according to Koehler.

"It may be daunting, but as

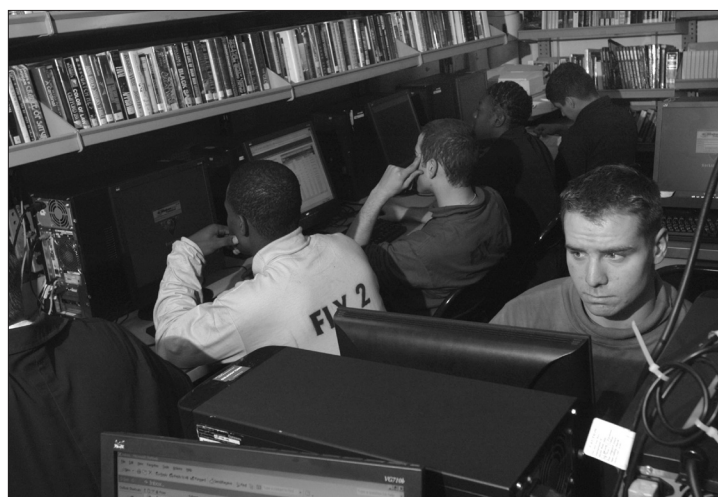


Photo by Mass Communication Specialist 3rd Class Matthew Reinhardt
Aviation Boatswain's Mate Airman Michael Vertrees checks his email and uses the Internet in the chaplain's lounge aboard the aircraft carrier USS Kitty Hawk (CV 63). The lounge also serves as part of the ship's library. Kitty Hawk operates from Fleet Activities Yokosuka, Japan.

manpower shrinks, customer service systems on the Internet are put up to service in this place," Mills said.

Some great sites for retirees to visit in their early Web browsing:

* Navy Retired Activities Office: <http://www.npc.navy.mil/CommandSupport/>

[RetiredActivities/](http://www.npc.navy.mil/ReferenceLibrary/Publications/ShiftColors/)

* Shift Colors:

<http://www.npc.navy.mil/ReferenceLibrary/Publications/ShiftColors/>

* Veterans Affairs:

<http://www.va.gov/>

* DFAS: <http://www.dfas.mil/>

* Social Security Administration: <http://www.ssa.gov/>

Avoid pay problems: keep retired records current

Defense Finance and Accounting
Service News

It is very important to review your retired pay account information and ensure that it is current; things such as correct mailing address, marital status and designated beneficiaries, to name a few.

Failure to update retired pay records when the retiree married, divorced, remarried, became widowed, or acquired a child could result in Survivor Benefit Plan (SBP) benefits being denied or life insurance paid to an unintended recipient.

In the case of divorce with SBP coverage involved, there is a one year notification period to DFAS, to include a copy of the court decree, for benefits to stay in force for a former spouse.

Make sure your spouse or designated beneficiaries know what benefits to expect or not and are prepared by maintaining a file of information that will be needed upon your death.

Some account information can be updated yourself through **myPay** (online at <https://myapy.dfas.mil>). Other changes and notifications should be mailed or faxed to:

Defense Finance and Accounting Service
U.S. Military Retirement Pay
P.O. Box 7130

London, KY 40742-7130

Fax: (800) 469-6559

Or

Defense Finance and Accounting Service
U.S. Military Annuitant Pay
P.O. Box 7131

London, KY 40742-7131

Fax: (800) 982- 8459

Please include your Social Security number or that of deceased member and sign the request.

University seeks Navy training memorabilia

Morehead State University, Ky., is searching for remembrances about 4,500 sailors who trained there during World War II to become shipboard electricians.

Being sought are photographs, official documents, uniform insignia and any other memorabilia from the U.S. Naval Training School (Electrical) at MSU between June 1942 and July 1944.

The artifacts will be retained on a permanent basis in the University's archives and used for future special exhibits.

"We hope to greatly expand our collection on the Naval Training

School through the gift or loan of memorabilia from the former sailors or their families. We are aware that a few of those veterans returned to this area to live out their lives. We are especially interested in their stories," said Donna J. Baker, coordinator of special collections at MSU's Camden-Carroll Library.

Special Collections and Archives also is interested in historical materials relating to Morehead State University's experience during the war in general. Items of particular interest would be letters sent between military members and MSU

students, faculty, staff or librarians.

"We have a very small collection of letters from servicemen who responded to letters from our librarians," said Baker. "We would like to see the other side of this correspondence if it survived the war. We would like to have more materials that help tell the story of the Morehead (University) community during World War II, but the letters are always interesting."

Anyone with information regarding the naval school or Morehead during the war may contact Baker at (606) 783-5122 or via e-mail at dj.baker@moreheadstate.edu.

Free book for Navy veterans

Former Sailor and longtime participant in the Navy League, George Sharrow, is offering all Navy veterans a free copy of his book "White Hats of the Navy." The only charge is for shipping and handling.

The book is a collection of stories, cartoons and photos that focus on the humor, battle action, liberty, love wit and wisdom and tradition of the U.S. Navy. Cartoons from the old "Our Navy" magazine along with a story on "The Shellback Initiation" are highlighted in the book.

Copies are limited and will be given away on a first-come, first-served basis. There are only about 1,000 copies of the book left; get your requests in early.

Obtain a copy of this book by writing to Sharrow at: 1040 Stoney Creek Road; Dauphin, PA 17018. Include cash, check or money order for \$6 to cover shipping and handling costs. Sharrow can also be contacted via e-mail at whitehats@paonline.com.



Courtesy photo

NSA Mid-South retiree seminar...

A crowd of approximately 400 retirees from all branches of the military attended the Retired Activities Seminar presented by the Fleet and Family Support Center July 28 at the Naval Support Activity Mid-South Conference Center, Millington, Tenn. Presentations were given by representatives from the Retired Activities Office, Department of Veterans Affairs, Defense Finance and Accounting Service, Military Officers Association of America, Tricare, and Tricare Retiree Dental. Capt. Bill "Hack" McMasters, commanding officer, NSA Mid-South, greeted the guests and provided information on services available to retirees. Representatives from 23 organizations were present providing information, flyers, brochures and individualized assistance.

Sailors help veterans have some shelter for the season



Chief Mass Communication Specialist Yan M. Kennon

Master-at-Arms 1st Class Kirsten Darksmiller, from Naval Base Point Loma Security Department, assembles beds at the Veterans Village of San Diego (VVSD) winter shelter. Every winter, Veterans Village of San Diego provides a warm and safe environment for homeless veterans. During this community support effort, more than 50 Naval Base Point Loma Sailors assembled 150 beds and unloaded numerous supplies in support of the VVSD seasonal project.

By Mass Communication Specialist 3rd Class Chelsea J. Kennedy, Fleet Public Affairs Center, Pacific

SAN DIEGO — Homeless veterans lined up early Dec. 5, in the San Diego community of Point Loma, to get out of the cold with the assistance of the Veterans Village Seasonal Shelter program.

Every winter for the past six

years, Veterans Village of San Diego has provided a warm and safe environment for homeless veterans through its seasonal shelter project.

“The shelter is designed to take homeless veterans off the street so they can become productive healthy citizens and go on with their lives,” said Bruce Boland, director for Veterans Village. “I think that it is obvious that veterans

deserve our support, and we realize it’s time to give back to our veterans who are in need, and if it wasn’t for programs like this, they would be cast astray.”

The program is part of a five-year agreement that Veterans Village and the city of San Diego partnered with the Navy to use the land.

“It is important for the Navy to partner with the city where

we can help them address social problems,” said Capt. Mark Patton, commanding officer, Naval Base Point Loma. “We want to make sure that our homeless veterans here in San Diego are provided for. I feel it is appropriate that we support our veterans who are on hard times.”

Shelter residents are offered mental health and substance abuse counseling, employment counseling, clothing, medical care, legal support, transportation and housing assistance, including an on-site housing fair.

“The program gave me the tools to understand that I had a problem,” said Roy Pena, Navy veteran. “I went through the program, and now three years sober, I have come back to give hope to the men here that they too can get back on their feet. For four months, they will have shelter, food and a chance to regain their dignity. I am thankful for the system that allows a spot for those with despair to find hope.”

The seasonal program has been recognized by the U.S. Department of Veterans Affairs as the best veterans homeless program in the U.S. and has been replicated across the country.

Need to change your address for Shift Colors?

Those receiving retirement pay or benefits through the Navy **only** need to contact the Defense Finance and Accounting Service (DFAS) at (800) 321-1080. DFAS will automati-

cally update **Shift Colors**’ mailing database.

“Gray Area” retirees (a retired reservist not yet receiving retire-

ment pay) or a surviving spouse of a retiree not receiving benefits, should contact **Shift Colors** to update address information.

Navy releases 2008 Calendar for America



Courtesy photo

Rear Adm. Edward "Sonny" Masso, commander, Navy Personnel Command, poses with retired Lt. Cmdr. Dick Goldsworthy (wearing ballcap) and his family at a Minnesota Vikings game during a Navy Week in Minneapolis in 2007.

Listed here is the 2008 "Calendar for America," which sets forth the official schedule of Navy Weeks in cities across America.

Multiple Navy outreach assets are scheduled for each Navy Week,

including the Blue Angels, Leap Frogs, ship visits where possible, Navy Bands, namesake ship crews, flag officer speakers, SEAL (Sea, Air and Land) and Explosive Ordnance Disposal displays, DoD's America Supports You

grassroots organizations and premiere recruiting assets such as the F/A-18 flight simulator, Navy NASCAR show car, and new Accelerate Your Life Experience.

The 2008 Weeks are:

Nashville, Tenn., April 6-13
Houston, April 21-27
Michigan, May 3-10
Denver, Colo., May 3-10
Los Angeles, May 12-19
Oklahoma City, June 6-15
Quad Cities, Iowa, June 15-22
Boston, July 3-7
New Orleans July 1-7
Roanoke, Va., July 6-13
Duluth, Minn., July 13-20
Delaware, July 17-26
Spokane, Wash., Aug. 3-10
Chicago Aug. 10-17
Buffalo, N.Y., Aug. 24-31
Cleveland, Ohio, Aug. 24 – Sept. 1
Albuquerque, N.M., Sept. 7-23
Austin, Texas, Sept. 21-28
Columbia, S.C., Sept. 22-28
Orlando, Fla., Nov. 2-9

Paid-up provision changes Survivor Benefit Plan

Effective 1 October 2008, retired service members who are age 70 or older and have made a minimum of 360 premium payments into the Survivor Benefit Plan (SBP) will be considered paid-up.

The so-called "Paid Up Provision" also applies to service members who are participants in the Retired Serviceman's Family Protection Plan (RSFPP). No action is required by service members who are SBP or RSFPP participants. Once eligibility has been established, the Defense Finance and Accounting Service (DFAS) will automatically stop deducting premiums for qualified service members.

As previously reported, current law, requires service members to meet both

criteria to be considered paid up. The DFAS will be publishing a Retiree Account Statement (RAS) which will in a SBP premium counter so that retirees will know exactly how many months they have paid.

Here are some frequently asked questions about the SBP Paid-Up Provision:

What is Paid-Up SBP?

Public Law 105-261 established the paid up provision of the SBP. Qualified service members will no longer be required to pay SBP premiums effective 1 October 2008.

Who is eligible to be paid-up?

Service members must be 70 years of age or older and have paid SBP premiums for 30 years or more.

I am a retiree and have paid SBP premiums for 30 years and am 68 years of age, do I qualify to be paid up on 1 October 2008?

No. To qualify a service member must be 70 years of age or older and have paid SBP premiums for 30 or more years.

When does this the paid up provision back effect?

The paid up provision of the SBP and the RSFPP becomes effective 1 October 2008. The first SBP premium affected will be in November 2008.

For more information about the SBP and the paid up provision visit the DFAS Web site at www.dfas.mil/retired pay or contact them by telephone at 800-321-1080.

the Navy for Manpower and Reserve Affairs (ASN M&RA) on behalf of the Secretary of the Navy Retiree Council.

There are more than 7,500 Navy and 1,300 Marine Corps retirees living in more than 90 countries around the world.

"This is a population that has never really been surveyed before," said Dr. Paul Rosenfeld, Director of Organizational Assessment at NPRST. The fact that the survey is DON, including both Navy and Marine Corps retirees, adds to its rarity, according to Rosenfeld.

Results of the survey show that retirees with access to military installations visit them at least monthly with 25 percent of respondents visiting daily. Out of those with access, most are satisfied with their pharmacy, fitness center and commissary privileges. They are least satisfied with dental clinics, gasoline prices at the Exchange and post office weight restrictions.

Regarding the postal weight limits, 50 percent of those with access to the postal service were unable to fully use TRICARE or other Mail Order pharmacies because of the one-pound limit on packages. Among those who were able to use the service, more than 50 percent were dissatisfied. Use of overseas post offices is limited for retirees because of status of forces agreements, base access and other policies over which the Department of Defense has limited control.

Questions regarding weight restrictions were included in survey at the request of the SecNav Retiree Council, according to Rosenfeld.

Dental care was another hot topic with only 37 percent of respondents satisfied with their clinics.

Questions were also asked about Veterans Affairs Services. A large percentage of respondents were neutral on the topic of VA Services, however, most felt that a toll-free number to contact would help. Most retirees get



Photo by Mike Setaro

Jeri Setaro checks her mail in the food court of the Navy Exchange at Naval Support Activity Naples, Italy. The one-pound limit on mail was one of the primary concerns of the retirement survey.

their VA information from the Web and their area U.S. Embassy.

The survey also showed that many military retirees continue their service. Nearly 40 percent of respondents are active volunteers. The most frequent volunteer program being the Retired Activities Office Cavite's Feeding the Children program. Many others are active in the Masons, Rotary Clubs and the Red Cross. Among those not currently volunteering, 60 percent were interested in getting involved.

"The interest in volunteering provides DON with a low-cost 'force multiplier' that can assist in areas such as recruiting and even with support for Wounded Warriors," said Geoff Patrissi, who headed up the survey analysis for NPRST.

The survey consisted of 27 multiple choice questions and two open-ended comment sections. The comments focused on retiree's top three concerns and what can be done to improve their

quality of life. Health care issues ranked top in both sections with comments about the commissary and exchange and mail services coming in next.

Now that the results of the survey have been collected they are being forwarded to the ASN (M&RA) and the SecNav Retiree Council. Because of the high interest in the survey, it has been decided to allow OCONUS retirees who did not participate in the survey but are interested in doing so, a chance to have their voices heard. Please e-mail Patrissi at: geoffrey.a.patrissi@navy.mil to take the survey.

The results of the survey have been presented to Dr. Lynda Davis, deputy Assistant Secretary of the Navy for Manpower Personnel Policy, and to the co-chairs of the SecNav Council. Once the additional data are gathered and included in the analysis, the full results will be briefed at the next SecNav Retiree Council meeting in April 2008.

A harrowing remembrance...

Pearl Harbor survivor Chief Cook Edward Gaulrapp (Ret.) uses an aerial floor photo of Pearl Harbor, located at the Pacific Aviation Museum on Ford Island, to pinpoint his location during the Dec. 7, 1941 attack. Assigned to the Pearl Harbor-based Perch-class submarine USS Pompano (SS 181), Gaulrapp was in his barracks when the attacks began. He and several other Pearl Harbor survivors returned to Hawaii in December to observe the 66th anniversary of the attack.



Photo by Mass Communication Specialist 2nd Class Michael A. Lantron

COUNCIL, continued from Page 1

and to provide this input at the council meeting, which is held annually in the Spring. The council maintains a broad cross-representation of retirees. Volunteer service in an RAO is an excellent credential; however, retirees with specific background and experience in the fields of retirement services, medical, military compensation, and legal should also consider applying. Application must be received at Retired Activities Section by Sept. 30, 2008.

Submit a one-page biography/resume with the following:

- Your full name, address, phone number, e-mail address and Social Security Number (left side top).
- One paragraph highlighting your military career to include highest rank achieved, designator (if applicable), military specialty, total years of active duty, total years of service (if applicable) and entry date. Brief summary of current civilian career.
- One paragraph identifying volunteer work and/or membership in civic

and other organizations.

- Education (associate, bachelors, masters degrees, PhD. and field of study as appropriate).
- Include a brief statement on how you can contribute to the council.
- A recent snapshot photo. It is requested that picture be placed on the one-page application at the top, right-hand corner (head and shoulder shot). Photo should be no larger than 2 ½ by 3 inches.

All submissions will be carefully reviewed and nominations will be selected based upon a number of factors, including the applicant's subject matter expertise in a particular area, experience with issues affecting retirees, previous or continuing service to the retired community, retiree status (sometimes there are specific slots open for reserve retirees, for example), geographic location, etc.

Those nominees who are selected for appointment to the council will be notified by mail from the Office of the Assistant Secretary of the Navy

(Manpower and Reserve Affairs), which is the office responsible for coordination of the Retiree Council. The term of office for members is normally three years. Council members are brought back on special active duty orders for the duration of the week-long annual Spring meeting, which is held in Washington, DC. For more information call the Retired Activities Section at 1-866-827-5672. Send applications to:

Navy Personnel Command
Retired Activities Section (PERS-62)
5720 Integrity Drive
Millington, TN 38055-6200

NOTE-If you applied for nomination to the 2008 Retiree Council, please update your application and re-submit. Deadline for submission is Sept. 20, 2008.

Do you know any widows of retirees?

If you know any widows/widowers of former Navy retirees and you are not sure he/she is up to date on their entitlements have him/her call 1-866-827-5672. We want to help those that may be out of the loop.

Blue Angels release 2008 show schedule

*Navy Flight Demonstration Squadron (Blue Angels)
Public Affairs*

PENSACOLA, Fla. -- The Navy Flight Demonstration Squadron, The Blue Angels, has announced its show schedule for the 2008 season.

Following winter training, the team begins the season at Naval Air Facility El Centro, Calif., March 8 and will conclude the season Nov. 16 at Naval Air Station Pensacola, Fla. The Blue Angels are scheduled to perform 68 shows at 35 locations throughout the United States and Canada.

"We are extremely excited to begin our new season and represent the Navy and Marine Corps team with a safe and exciting show for 2008," said Cmdr. Kevin Mannix, the squadron's commanding officer.

Demonstration sites are selected in support of U.S. Navy, U.S. Marine Corps and Department of Defense objectives with safety as a primary consideration. Performances greatly assist in the recruiting and retention goals of the military services, enhance esprit de corps among uniformed men and women, and demonstrate the professional skills and capabilities of the Naval Services to the American public and U.S. allies.

The Blue Angels schedule is:

- March 8: NAF El Centro, Calif.
- March 15-16:



Photo by Reto Schneeberger

Two F/A-18s from the Navy's Flight Demonstration Squadron, the Blue Angels, fly over Sherman Field on board Naval Air Station Pensacola during the 2007 Blue Angels Homecoming Air Show. An estimated crowd of 150,000 Naval aerial enthusiasts from around the world attended. The Blue Angels' home base is in Pensacola, near the Naval Aviation Museum.

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| <ul style="list-style-type: none"> • Sacramento, Calif. • March 29-30: NAS Meridian, Miss. • April 5-6: NAS Kingsville, Texas • April 12-13: Smyrna, Tenn. • April 19-20: Peoria, Ill. • April 26-27: Vidalia, Ga. • May 3-4: Fort Lauderdale, Fla. • May 10-11: Barksdale AFB, Bossier City, La. • May 16-18: Andrews AFB, Md. • May 21: USNA, Annapolis, Md. • May 23: USNA Fly-By, Annapolis, Md. • May 24-25: Jones Beach, N.Y. • June 7-8: MCAS Cherry Point, N.C. | <ul style="list-style-type: none"> • June 14-15: Quebec City • June 21-22: Davenport, Iowa • June 28-29: Huntsville, Ala. • July 5-6: Traverse City, Mich. • July 11: Pensacola Beach, Fla. • July 19-20: Duluth, Minn. • July 26-27: Twin Falls, Idaho • Aug. 2-3: Seattle, Wash. • Aug. 8-10: Fairchild AFB, Spokane, Wash. • Aug. 16-17: Chicago, Ill. • Aug. 30: Cleveland, Ohio • Sept. 1: Cleveland, Ohio • Sept. 6-7: NAS Brunswick, Maine • Sept. 13-14 Eau Claire, Wis. | <ul style="list-style-type: none"> • Sept. 20-21 NAS Oceana, Va. • Sept. 27-28 Grand Junction, Colo. • Oct. 4-5: MCAS Miramar, San Diego, Calif. • Oct. 11-12 San Francisco, Calif. • Oct. 18-19 Little Rock, AFB, Ark. • Oct. 25-26 NAS Jacksonville, Fla. • Nov. 1-2: Lackland AFB, San Antonio, Texas • Nov. 8-9: Kennedy Space Center, Fla. • Nov. 15: NAS Pensacola, Fla. |
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Navy Inns begin new online reservation for San Diego, Guam

*Fleet and Family
Readiness Marketing,
Commander Navy
Installations Command
Millington Detachment*

MILLINGTON, Tenn. — Beginning in October, Sailors and their families can make official and Space “A” lodging reservations online for Navy Gateway Inns and Suites located in the metro San Diego area and Guam.

The Navy has started implementing an online lodging system that includes a reservation portal, call center application, property management system and enterprise management tools.

The new system not only allows customers to book official and recreational lodging, but also helps streamline front desk operations. Plans include implementing the system at all Naval installations that offer Navy Gateway Inns and Suites and recreational lodging facilities, such as cabins, cottages and RV parks, within the next 18 months.

“The purpose of this program is to put the tools travelers need to make reservations at their fingertips,” said Mario Trevino, Navy Lodging program manager, Commander, Navy Installations Command (CNIC). “We want their lodging experience to be as smooth as possible, because our goal as the Navy Gateway Inns and Suites is to be the preferred choice for the



Navy Lodging at Naval Base Guam is one of many facilities that can be reserved online in the registration system.

official traveler.”

Once the system is complete, travelers will no longer have to call individual Navy installations to make their reservations. They will be able to go online at www.dodlodging.net to book their official lodging reservations, up to a year in advance.

“When fully implemented, the online reservation system will focus on three types of customers: those on official travel or leisure travel (Space ‘A’) who are using Navy Gateway Inns and Suites, and recreational travelers interested in staying at MWR cabins, cottages and RV parks,” said Trevino.

The new system will also establish the Navy Gateway Inns and Suites brand, and will

surround the brand with tools and processes that will help increase occupancy and provide outstanding customer service.

“We’re creating a new reservation portal and a new way of presenting Navy Gateway Inns and Suites to our customers,” said Tim Rushdi, head, Information Technology Branch, CNIC Millington Detachment. “The new system will allow customers to book online and will give the installations, regions and headquarters the ability to manage their inventory and gather real-time statistical data.”

Trevino said the Navy is partnering with the Air Force and Navy Lodge because they share the same requirements of assisting travelers with

booking reservations, providing comfortable lodging and excellent customer service.

“With the Air Force, it truly has become a joint project, since our customer requirements are exactly the same,” added Trevino. “We’re sharing everything, from marketing materials to support personnel and data centers. In addition, we will leverage the Navy Lodge’s existing call center to provide customers a one-stop shop for all their reservation needs.”

The Navy’s reservations call center can be reached toll-free at 1-877-782-4681. For information about eligibility, visit the “policies and standards” pages at www.dodlodging.net.

Retiree checklist — for survivors

— **Create a military file** that includes your retirement orders, separation papers, medical records, etc. Make sure your spouse knows the location and telephone number of the nearest military installation.

— **Create a military retired pay file** that includes the pertinent information for DFAS and Navy Personnel Command:

Defense Finance and Accounting Service
U S Military Retirement Pay
Post Office Box 7130
London, KY 40742 7130
(800) 321-1080 or (216) 522-5955

Department of Navy
NPC PERS-62
Retired Activities Section
5720 Integrity Drive
Millington, TN 38055-6200

This file should also include the number of any VA claim still pending and the address of the VA office being used; a list of deductions currently being made from benefits; and the name, relationship and address of the person you have made the beneficiary of any unpaid retired pay at the time of death.

— **Create an annuities file.** This file should information about the Survivor Benefit Plan (SBP), Reserve Component Survivor Benefit Plan (RCSBP) or the Retired Serviceman's Family Protection Plan (RSFPP), Civil Service annuity, etc. Additional information regarding SBP annuity claims can be obtained from the DFAS by calling (800) 321-1080.

— **Create a personal document file** that has copies of marriage certificates, divorce decrees, adoptions and naturalization papers.

— **Create an income tax file.** Include copies of both of your state and federal income tax returns.

— **Create a property tax file.** Include copies of tax bills, deeds and any other related information.

— **Create an insurance policy file.** Include life, property, accident, liability and hospitalization policies.

— In a secure location, **maintain a list of all bank accounts** (joint or individual). Include the location of all deposit boxes, savings bonds, stocks, bonds and any securities owned.

— In a secure location, **maintain a list of all charge accounts and credit cards.** Include account numbers and mailing addresses.

— **Maintain a list of all associations and organizations of which you are a member.** Some of them could be helpful to your spouse.

— **Maintain a list of all friends and business associates** who may be helpful. Include name, address and phone number.

— **Spend time with your spouse discussing your plans** with respect to the type and place of your funeral service. You should decide which cemetery, whether ground burial, or cremation, etc. If your spouse knows your desires, it will resolve some of the questions that might arise at a later date.

— **Visit a local funeral home and pre-arrange your services.** Many states will allow you to pre-pay for services.

— **Investigate the decisions that you and your family have agreed upon.** Many states have specific laws and guidelines regulating cremation and burials at sea. Some states require a letter of authority signed by the deceased in order to authorize a cremation. Know the laws in your specific area and how they may affect your decisions. Information regarding Burials at Sea can be obtained by phoning the Office of Medical and Dental Affairs-Mortuary Affairs Division at (866) 787-0081.

— Once your decisions have been made and you're comfortable with them, **have a will drawn up** outlining all your wishes.

— Ensure that your will and all other official documents are **maintained in a secure location** known by your loved ones. This includes all of your DD214s or Retirement Orders.

— When all the decision-making and documenting is completed, **sit back and continue to enjoy life.**

Who should be notified in the event of my death?

1. Defense Finance and Accounting Service – (800) 321-1080 or (216) 522-5955
2. Social Security Administration (for death benefits) - (800) 772-1213
3. Department of Veterans Affairs (if applicable) – (800) 827-1000
4. Office of Personnel and Management (OPM) (if applicable) (724) 794-8690
5. Any fraternal group that you have membership with: e.g., MOAA, FRA, NCOA, VFW, AL, TREA, NAUS
6. Any previous employee that provides pension or benefits.

The above information is not all-inclusive and should be used with other estate planning tools to lessen trauma to your loved ones. If you have other suggestions that might prove helpful and would like to share them with your fellow retirees, send them to the Retired Activities Section for publication in a future issue.

Reunions

Check the Shift Colors web page for a full listing of Reunions

Reunion 2008	Date	Phone #	Web/E-mail/
USS CAMBRIA (APA 36)	April 3-6	(419) 738-3786	destoll@bright.net
USS GURKE (DD 783)	April 3-6	(408) 263-2836	dd783_reunion@tstephenson.com
USS TROUT (SS 566)	April 7-11	(509) 967-0947	subs566@msn.com
USS CHIKASKIA (AO-54)	April 10-13	(781) 249-5501	bobgrant1942@gmail.com
USS KENNETH D BAILEY (DD/DDR 713)	April 10-13	(413) 592-1355	blueobblue@aol.com
USS SCHENECTADY (LST 1185)	April 10-13	(804) 994-3938	cacs1@msn.com
USS TUCSON CL 98/SSN 770	April 16-20	(215) 365-5873 (520) 825-7498	
USS HARRY E. HUBBARD DD 748	April 16-20	(717) 235-5768	dlnmc@comcast.net
24th Battalion at Large (Island X-24) NSVA	April 16-20	(423) 479-7893	
USS GENERAL W.A. MANN (AP 112)	April 23-26	(850) 934-1671	wbake99@aol.com
USS WARRINGTON (DD 843)	April 23-27	(916) 791-6700	stashuman843@msn.com
USS PURDY (DD 734)	April 23-27	(610) 433-4787	chiefdi@juno.com
USS AMPHION (AR 13)	April 24-27	(850) 944-3302	ltstagg@msn.com
USS ARCADIA (AD 23)	April 24-27	(828) 256-6008	mcaanreunion@yahoo.com
USS CADMUS (AR 14)	April 24-27	(716) 65505415	mcaanreunion@yahoo.com
USS MARIAS (AO 57)	April 24-27	(828) 256-6008	mcaanreunion@yahoo.com
USS FRANCIS SCOTT KEY (SSBN 657)	April 24-27	(706) 863-6909	
USS CARPENTER (DD 825)	April 24-28	(714) 776-4019	kennjd3@sbcglobal.net
USS NICHOLAS DD/DDE 449 FFG47	April 24-29	(940) 262-0507	douglowe@grandecom.net
USS COMPTON DD 705	April 25-28	(732) 251-0363	jsnap29@optonline.net
USS MULIPHEN (AKA 61)	April 27-30	(302) 737-1751	rwiant@comcast.net
USS PALAU (CVE 122)	April 27-30	(410) 658-6043	hweldy@zoominternet.net
USS PAWCATUCK (AO 108)	April 27-30	(623) 214-9835	dwshs53@aol.com
Navy Helicopter Veterans Assoc.	April 30	(904) 287-9990	www.navhelo.org
USS TARAWA (CV/CVA/CVS 40)	May 1-4	(928) 221-0631	groseyjr@npgcable.com
USS TARAWA (LHA 1)	May 1-4	(304) 965-5916	tarawalha1@aol.com
NMCB 128 Seabees	May 1-4	(409) 948-9683	sonday777@sbcglobal.net
USS DONNER (LSD 20)	May 2-5	(817) 251-3551	info@militaryreunionplanners.com
Joint EC/WC Navy Photo Reunion	May 4-8	(757) 409-3442	www.navyphoto.org
Navy Squadron VR-21	May 4-9	(770) 932-8675	rgseahorse@aol.com
USS DEKALB COUNTY (LST 715)	May 5-7	(702) 277- 0974/0975	
USS MANATEE (AO 58)	May 6-8	(361) 547-6938	wcress@stx.rr.com
USS Earle B. Hall APD 107/ USS Kerwin APD 90	May 8-11	(757) 587-2303	cjburns@cox.net
USS SAN MARCOS (LSD 25)	May 9-11	(215) 287-4311	jacklieberman8104@comcast.net

Reunion 2008	Date	Phone #	Web/E-mail/
USS BLACKFIN (SS 322)	May 12-16	(775) 853-5309	donbrownss322@sbcglobal.net
USS ALBANY (CA 123/CG 10/SSN 753)	May 13-18	(727) 866-8358	albanyreunion@ussalbany.org www.ussalbany.org
USS CONY (DD/DDE 508)	May 14-18	(863) 307-3187	kcox@tampabay.rr.com
USS ABRAHAM LINCOLN (SSB(N) 602)	May 15-17	(918) 786-8851	jayss349@wmconnect.com
ACU/LCU/LSU/LCT/LCM National Assault Craft Reunion	May 15-18	(662) 893-4684	don1451@centurytel.net
USS YARNALL (DD 541)	May 15-17	(818) 894-4982	rdmccracken@juno.com
USS CUSK (SS 348)	May 15-18	(706) 854-7816	subman61@knology.net
VP Nine	May 17-21	(520) 744-4955	vpchief@qwest.net
USS LSM/LSMR WISCONSIN-MIDWEST	May 19-20	(952) 894-1116	maral315@msn.com
USS CAIMAN SS323	May 19-22	(360) 377-4763	dbfrider@comcast.net
USS SMALLEY DD565	May 19-23	(914) 736-6377	DD565@optonline.net
USS SEA POACHER (SS 406)	May 22-23	(904) 535-3661	
Sangley Point Boat Operations	May 26-30		cclee@eastex.net
NAPS 58	May 30-31	(360) 802-4380	cdorriss@msn.com
Air Station Brooklyn	Summer 2008 (TBD)	(906) 632-3052	brooklyn2008@charter.net
Navy & Marine Corps Explosive Ordnance Disposal Association	June 4-8	(661) 399-2517	wwright@bak.rr.com
Navy Postal Clerks	June 4-8	(757) 497-4270	Navy-Postal-Clerk-Association@ roadrunner.com
USS KEMPER COUNTY (LST 854)	June 5-8	(320) 253-2167	jsimonson@stcloudstate.edu
USS ENGLISH (DD 696)	June 5-9	(803) 684-3469	gcmco@bellsouth.net
USS KNUDSON (APD 101)	June 6-8	(386) 789-8612	wjr502@cfl.rr.com
USS PRINCETON CV-CVA-CVS-37 & LPH-5 Ships Company, Marine Det.- Squadrons	June 9-12	(920) 846-3542	
DESLANT Navy Boxers 1950-56	June 13-15	(407) 298-0873	
USS HUNLEY AS 31	June 15-18	(419) 872-2208	
VW-1 All Hands Alumni Assoc.	June 16-20	(352) 726-4943	saled@tampabay.rr.com
USS WHITE PLAINS AFS 4	June 18-21	(801) 985-3665	afs-4@comcast.net
USS ASHTABULA (AO-51)	June 18-22	(217) 789-2633	
USS FORREST B. ROYAL (DD 872)	June 19-22	(715) 423-8905	mosbyusn@wctc.net
USS AJAX (AR 6)	June 22-26	(763) 757-9201	ussajaxar6@comcast.net
USS WHITEHURST (DE 634)	June 25-27	(843) 553-1908 (803) 276-2232	
USS HUGH PURVIS (DD 709)	June 26-29	(603) 635-7470	schiefet1066@yahoo.com
AMCM Association (HM-12, HM-14, HM-15), HM-16, HM-18, HM-19, MCM Unit ALPHA, MCM Unit BRAVO, and HC-4)	June 29-July 2	(757) 226-9594	webhome@amcm.org
William J. Hughes Technical Center (Formerly Naval Air Station Atlantic City)	July 1	(609) 485-5555	9-ACT-NASAC@faa.gov
USS BRADLEY (DE/FF 1041)	July 3-6	(845) 634-3993	bgottsch@verizon.net

Reunion 2008	Date	Phone #	Web/E-mail/
USS BOSTON (CA 69, CAG 1, SSN 703)	July 10-13	(603) 672-8772	secretary@ussboston.org www.ussboston.org
USS BEALE (DD/DDE 471)	July 17-20	(215) 725-0159	
Navy Medical/Dental Rota Spain	July 23-27		homerray5@aol.com
USS MISSISSINEWA (AO 144)	July 24-26	(330) 659-4341	dicastr@roadrunner.com
USS MIDWAY (V 3) Div. 1976-1982	July 25-26	(707) 481-6775	mattyglazier@hotmail.com
USS BERKELEY (DDG 15)	July 31-Aug 2	(317) 281-4152	www.ussberkeley.com
USS TURNER JOY (DD 951)	Aug. 7-10	(360) 871-9482	reasche@aol.com
USS MANSFIELD (DD 728)	Aug. 13-17	(410) 760-9715	bob-elizabeth-edwards@worldnet.att.net
USS LUCE (DLG 7/DDG 38)	Aug. 15-17	(301) 695-7091	robert.thacker@ngc.com
Helicopter Attack (Light) Squadron 3 Seawolf	Aug. 20-24	(509) 783-2031	wrseawolf5@msn.com
USS NANTAHALA	Aug. 20-23	(912) 427-4080	
Naval Cryptologic Veteran's Assoc.	Aug. 21-24	(618) 654-1358	frankhuffman@earthlink.net
VR 52 Det. Detroit / VR 62 Detriot (NAF Detriot)	Aug. 22-24	(727) 862-6343	adcsbill@juno.com
USS BERGALL (SS 320/SSN 667) ASSOC	Aug. 31- Sept. 6	(401) 789-7099	dixf@cox.net
USS LEARY (DD/DDR 879)	September (Exact dates TBD)	(941) 341-0770 (870) 257-5359	cen60951@centurytel.net
VR-7/8	Sept. 3 & 4	(816) 532-6213	
USS SEADRAGON (SSN 584)	Sept. 3-5	(707) 429-4796	tompops@aol.com
USS RATHBURNE (FF 1057)	Sept. 3-6	(901) 837-6106	fs5124@wildblue.net
USS HYADES (AF 28)	Sept. 3 -7	(757) 345-3635	
USS GURNARD (SS 254 /SSN 662)	Sept. 4 & 5	(608) 269-1464	pag9985@gmail.com
USS TRATHEN	Sept. 7-9	(615) 753-5741	merrittg@tds.net
MCB 9 Seabees	Sept. 8-11	(702) 897-6613	ichibanseabee@aol.com
USS IOWA BB 61	Sept. 9-13	(360) 692-6032	kjoggpr@aol.com
USS CHARLES LAWRENCE	Sept. 10-13	(301) 620-4045	dbf.doc@verizon.net
US Navy Competitive Shooters	Sept. 10-13	(970) 667-6375	bartbob@aol.com
USS CORRY (DD/DDR 817)	Sept. 10-14	(330) 544-3301	jimbo817@sbcglobal.net

LETTER, continued from Page 3

into their commands and home lives.

Lastly, we are committed to provide our wounded Sailors, and their families, the care, support and services they need. While we have initiatives to support all wounded warriors, we've established the Safe Harbor program to focus resources on those Sailors who are severely injured or ill. Safe Harbor works closely with these Sailors and their families to identify their needs, facilitate

benefits and entitlements, and accelerate resources and support during recovery, rehabilitation, and reintegration back into their local communities. Making sure our Sailors are provided the best support and care possible is not only a duty, it's an honor, and it's the most important thing we can do for those sacrificing so much.... I know you all expect nothing less.

I thank you for your service yesterday

and today, and I invite your questions and comments about our Navy, the Warrior Transition Program and Safe Harbor.

All the best,

J.C. Harvey, Jr.

Vice Admiral, USN
Chief of Naval Personnel

Retired Activities Office Phone Listing

Arizona

Phoenix, AZ (N&MCRESREDCEN)
(602) 353-3033
0830-1500(Mon-Fri)
Tucson, AZ (N&MCRESCEEN)
(520) 228-6277/89
0930-1500(Tue-Fri)

California

China Lake, CA (NAVAIRWPASTA)
(760) 939-0978
0900-1100 1300-1500(Mon-Fri)
Lemoore, CA (NAS)
(559) 998-4042
0800-1630 (Mon-Fri)
Monterey, CA (NAVSUPPACT)
(831) 656-3060
0800-1500(Wed)
Point Mugu, CA
(805) 982-1023
0800-1600 (Mon-Fri)
San Diego, CA (CORONADO - NAS)
(619) 437-2780
0900-1200 (Mon-Fri)
San Diego, CA (NAVSTA)
(619) 556-8987
0800-1600 (Mon-Fri)
Seal Beach, CA (NWS)
(562) 626-7152
0900-1500 (Mon-Fri)
Sunnyvale, CA (Onizuka Air
Station-formerly Moffett Field)
(650) 603-8047
0930-1530 (Mon-Fri)

Connecticut

Groton, CT (SUBASE)
(860) 694-3284
0900-1500 (Mon-Fri)

Delaware

Wilmington, DE (N&MCRESCEEN)
(302) 998-5194
0800-1630(Mon-Fri)

Florida

Jacksonville, FL (NAS)
(904) 542-2766 Ext 126
0900-1500 (Mon-Fri)
Mayport, FL (NAVSTA)
(904) 270-6600 Ext 122
0730-1600 (Mon-Fri)
Milton, FL (NAS WHITING FIELD)
(850) 623-7177
1000-1300(Wed/Thu)
Orlando, FL (DFAS BLDG)
(407) 646-4204/4262
1000-1400 (Mon-Fri)
Pensacola, FL (NAS)
(850) 452-5990 Ext 3111
0900-1300 (Mon-Thu)

Georgia

Atlanta, GA (NAS)
(678) 655-6699
1000-1200 (Tue/Thurs)
Kings Bay, GA (SUBASE)
(912) 573-4512
0730-1630 (Mon/Tue/Wed/Fri)
0900-1630 (Thurs)

Hawaii

Pearl Harbor, HI (NAVSTA)
(808) 474-1999 Ext 6317
0800-1500 (Mon-Fri)

Illinois

Great Lakes, IL (NTC)
(847) 688-3603 Ext 118
0900-1500 (Mon-Fri)

Louisiana

New Orleans, LA (NAVSUPPACT)
(504) 678-2134
0900-1200 (Mon-Fri)

Massachusetts

Quincy, MA (NAVOPSUPPCTR)
(617) 753-4636/26
1200-1600 (Wed/Fri)

Maryland

Annapolis, MD (USNA)
(410) 293-2641
0900-1200 (Wed)
Bethesda, MD (NNMC)
(301) 295-4120
0930-1530 (Mon-Fri)

Maine

Brunswick, ME (NAS)
(207) 921-2609
0900-1200 (Mon-Fri)

Michigan

Mt. Clemens, MI (SEL ANGB)
(586) 307-5580
0900-1500 (Tue-Fri)

Minnesota

Minneapolis, MN (NAVAIRRESCEN)
(612) 727-2854
1000-1430 (Tue/Thu)

Missouri

St. Louis, MO (NAVOPSUPPCEN)
(314) 263-6443
0930-1330 (Tue/Thurs)
1130-1330 Friday

Mississippi

Gulfport, MS (NCBC)
(228) 871-3000 Ext 35
0900-1200 (Mon-Fri)

New Hampshire

Portsmouth, NH
(207) 438-1868
1000-1400 (Tue-Thu)

New Jersey

Lakehurst, NJ (NAVAIRENGSTA)
(732) 323-5099
0900-1500 (Wed/Thu)

Nevada

Fallon, NV (NAS)
(775) 426-3333
0730-1600 (Mon-Fri)

New York

Amityville, NY (AFRESTRGCEN)
(631) 842-6620
0930-1500 (Tue/Thurs)
0930-1200 (Wed)
0930-1400 (Fri)

Oregon

Eugene, OR (NAVOPSUPPCEN)
(541) 686-9266
1000-1500 (Mon-Fri)

Pennsylvania

Willow Grove, PA (NAS JRB)
(215) 443-6033
1-800-773-1569
1000-1500 (Mon-Fri)

Rhode Island

Newport, RI (NAVSTAMPT)
(401) 841-4089
0900-1200 (Mon-Fri)

S. Carolina

Charleston, SC (NAV/WPNSTA)
(843) 764-7480
0800-1630 (Mon-Fri)
Greenville, SC (NAVOPSUPPCEN)
(864) 277-9775 opt 4
1-866-524-6585 Opt 4
0900-1100 1300-1500 (Mon-Fri)

Tennessee

Millington, TN (NAVSUPPACT)
(901) 874-5195
1000-1400 (Mon/Wed)

Texas

Corpus Christi, TX (NAS)
(361) 961-3113/2372/3722
0800-1230 (Mon/Tue/Thurs/Fri)
1300-1500 (Wed)
Ft. Worth, TX (NAS JRB)
(817) 782-5287
0800-1600 (Mon-Fri)
Houston, TX (NAVOPSUPPCEN)
(713) 795-4109/4068
0900-1200 (Tue-Fri)
Kingsville, TX (NAS)
(361) 516-6105/6333
1300-1500 (Mon/Wed/Fri)
San Antonio, TX (NAVOPSUPPCEN)
(210) 225-2997 Ext 119
1000-1400 (Mon-Fri)

Virginia

Dahlgren, VA (NSWC)
(540) 653-1839/3291
1-800-500-4947
0800-1530 (Mon-Fri)
Hampton Roads Regional Office
Norfolk, VA (NAVSTA)
(757) 322-9105
1-800-372-5463
1000-1400 (Mon-Fri)
Little Creek, VA (NAB)
(757) 462-8663
1000-1400 (Mon-Fri)
Norfolk, VA (NAVSTA)
(757) 322-9113
1-800-372-5463
1000-1400 (Mon-Fri)

Washington

Bremerton, WA (NavSta Bremerton)
(360) 476-5116
1-866-572-4341
0900-1330 (Mon-Fri)
Everett, WA (NAVSTA)
(425) 304-3775
1-888-463-6697 opt5 then opt
2 ask for RAO
1000-1300 (Mon-Fri)
Whidbey Island, WA (NAS)
(360) 257-8054/55
0900-1500 (Mon-Fri)

Wisconsin

Milwaukee, WI (NAVOPSUPPCEN)
(414) 744-9766
0900-1500(Mon-Fri)

Overseas Locations

Guam

NAVACTS
(671)339-7635/333-2056/7/8

Italy

La Maddalena, IT (NAVSUPPACT)
011-390-789-73-6161
DSN: (314) 623-8205
24HRS (Mon-Sun)
Naples, IT (NAVSUPPACT)
011-39-081-811-6550
DSN: (314) 629-6550
1000-1400 (Mon/Thurs/Fri)

Japan

Atsugi, JA (NAF)
Local: 0467-78-5015 Ext 264-4190
011-81-311-764-4190 (fm conus)
DSN: (315) 264-4190
0900-1200 (Tue/Fri)
Sasebo, JA (COMFLEACT)
011-81-611-752-3108 (fm conus)
DSN: (315) 252-3108
1300-1500 (Wed)
Yokosuka, JA (COMFLEACT)
Local: 046-816-9626
011-81-46-816-9626 (fm conus)
DSN: (315) 243-9626
0800-1630 (Mon-Wed/Fri)
0800-1500 (Thurs)

Spain

Rota (NAVSTA)
011-34-956-82-3232 (fm conus)
DSN: (314) 727-2850
1100-1700 (Mon/Wed/Fri)
1100-1500 (Tue/Thurs)

Thailand

Jusmagthai
205-4000/287-1036
662-675-0316-9/Ext 105
1000-1400 (Mon-Fri)

Updated Feb. 5, 2007

Retirement Seminars

Check the Shift Colors web page for a full listing of Seminars

California

Fort Ord
June 7
(831) 242-6691

Florida

Pensacola
October 18
9 a.m. – Noon
Naval Air Station Pensacola
BLDG. 633
POC: Retired Activities Office (850) 452-5990 ext. 3111
retired.activities.nasp@mchsi.com

Jacksonville
July 12
9 a.m. - noon
River Cove Catering and Conference Center
NAS Jacksonville
Retired Activities Office
(904) 542-2766, ext. 126

Minnesota

Prior Lake, Joint Retiree Appreciation Day
Sept. 27
8:30 a.m. - 4 p.m., Mystic Lake Casino
Navy POC: (612) 726-9391, Air Force POC: (800) 231-3517

New York

Amityville
April 26
8:30 a.m.
Reserve Center
600 Albany Avenue
Amityville, NY
(631) 842-6620 ext. 24

Washington

Marysville
Armed Forces Day, May 17
8 a.m. - 12:30 p.m.
Fleet & Family Service Center, Smokey Point Complex
13910 45th Ave. NE
(425) 304-3775/3721/3367

America Supports You: Golfers say game good for bodies, minds

*By Samantha L. Quigley
American Forces Press Service*

WASHINGTON – A Maryland group is using its favorite game to positively affect combat-wounded veterans who served in Afghanistan or Iraq.

Members of the Salute Military Golf Association believe the rehabilitative benefits of golf can improve the mental and physical condition of wounded service members returning from combat, Jim Estes, the group's founder, said on the organization's Web site.

"The SMGA believes that every (service member) matters and should be given the opportunity to learn and improve his or her golf knowledge and skill," he said. "The SMGA will provide a venue and mentoring to this end."

Earlier in 2007, Estes and several other area pros, specifically trained to work with wounded veterans, started formalized golf clinics for wounded soldiers. Future similar events near military medical facilities in San Antonio

and San Diego are in the works.

PGA of America and Disabled Sports USA sponsored the clinics. They are both supporters of America Supports You, a Defense Department program connecting citizens and corporations with military personnel and their families serving at home and abroad.

Salute Military Golf Association, which began as a therapeutic outlet for soldiers undergoing prolonged medical treatment at Walter Reed Army Medical Center here, is a new supporter of the Defense Department program.

Estes began accompanying Walter Reed patients on weekly dinner outings arranged by one of his clients in 2004. This interaction showed him that service members were eager to get back to sports like golf.

In addition to providing veterans with instruction through clinics and personalized instruction, Salute Military Golf Association works to secure benefits like reduced or free green fees and access to public and private golf

facilities throughout the country. The organization also tries to equip veterans who show a true interest and dedication to the game with properly fitted clubs.

Salute Military Golf Association was introduced nationwide when Brian Williams featured Estes and the group on NBC Nightly News. Locally, the Fox News affiliate in Washington has shined its spotlight toward the program and its volunteers. Even the PGA has taken notice of the Maryland golfers' work with the wounded, acknowledging it in a service announcement during its 89th Championships.

Kay said the group hopes its recent affiliation with America Supports You will attract attention from those who wish to help extend their work.

"We are very excited about our new affiliation with America Supports You," she said. "Already, this has resonated with a number of our potential and current supporters as the America Supports You program is well-respected and recognized for its tremendous positive impact."

Ready Reference Contact Information

Air Force Retiree Services Branch
(800) 531-7502
(210) 565-4663
www.ask.afpc.randolph.af.mil

Arlington National Cemetery
(703) 607-8000
www.arlingtoncemetery.org

Armed Forces Retirement Home
Washington DC: (800) 422-9988
Gulfport, MS: (228) 604-2205
www.afrh.com

Army Retired Affairs
(703) 325-9158
www.armyg1.army.mil/retire

Burial at Sea Information
(866) 787-0081
<http://www.npc.navy.mil>

DEERS (press 3)
(800)-538-9552
Fax: (831) 655-8317
www.tricare.osd.mil/deers

DFAS Retired/Annuitant
(800)-321-1080
Outside U.S.: (216) 522-5955
General Questions: (888) 332-7411
www.dod.mil/dfas

DFAS Casualty Assistance Branch
(800) 269-5170
(For Reporting a Retiree's death, press 2)

Fleet Reserve Association
(703) 683-1400
www.fra.org

I.D. Cards Benefits and Eligibility
(866) 827-5672
www.npc.navy.mil/commandsupport/fieldsupport (Click benefits & eligibility)

Internal Revenue Service
(800) 829-1040
(309) 229-7111
www.irs.gov

Marine Corps Retired Affairs
(800) 336-4649
(703) 784-9310
www.usmc.mil
Click on Career, then retired marine)

Medicare
(800) 633-4227
TTY: (877) 486-2048
www.medicare.gov

Military Officers Assoc. of America
(800) 234-6622
www.moaa.org

National Burial Services
(800) 697-6940

National Personnel Records Center
(314) 801-0800
Fax: (314) 801-9195
www.archives.gov

NPC Navy Reserve Personnel Management (PERS 9)
(877) 807-8199 (urgent matters only)
(901) 874-3087
<http://npc.navy.mil/CareerInfo/ReservePersonnelManagement/>

Navy Retired Activities Office
(866) U-ASK-NPC, (866) 827-5672
MILL.RetiredActivities@navy.mil
<http://www.npc.navy.mil/CommandSupport/RetiredActivities>

Navy Uniform Shop
(800) 368-4088

www.navy-nex.com/uniform

Navy Worldwide Locator
(901) 874-3388
www.npc.navy.mil/CommandSupport/NavyWorldWideLocator
Reserve Component SBP
(877) 807-8199

Retiree Dental -- Delta Dental
(888) 838-8737
www.trdp.org

Service members' Group Insurance (SGLI)
(800) 419-1473
(973) 548-5699
www.insurance.va.gov

Naval Historical Center
(202) 433-2210
www.history.navy.mil

Social Security Administration
(800) 772-1213
www.ssa.gov

TRICARE
For LIFE: (866) 773-0404
Prime Remote: (888) 363-2273
Overseas: (888) 777-8343
Mail Order Pharmacy: (888) 363-8667
www.tricare.osd.mil

VA Burial Benefits
(800) 827-1000
www.cem.va.gov

VA Regional Office (Benefits and Assistance)
(800) 827-1000
TDD: (800) 829-4833
www.va.gov



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Don't let your questions go unanswered. If you're not sure who to contact
or where to go,

**Call 1-866-U-ASK-NPC
(1-866-827-5672)**

Let the Navy Personnel Command Customer Service Center help you!

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patience and continued readership. - Editor, **Shift Colors**

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